

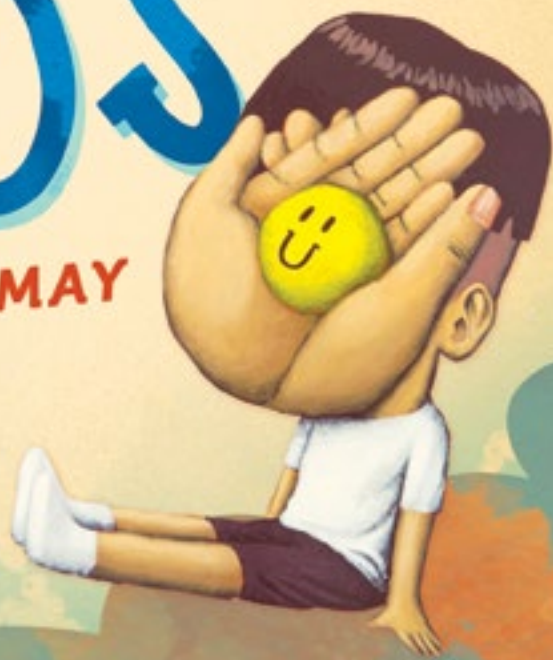


MY SUPER HANDS

ANG AKING
MGA SUPER KAMAY

ARTWORKS BY
BLIC

WRITTEN BY
ANNETTE A. FERRER



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THIS BOOK BELONGS TO:

ARTWORKS BY
BLIC

WRITTEN BY
ANNETTE A. FERRER

TRANSLATED INTO FILIPINO BY
NOREEN H. SAPALO

I have two hands and they are great.
They help start my day the right way.

*Meron akong dalawang kamay
at sila ay kamangha-mangha.
Maganda ang simula ng araw dahil sa kanila.*

What objects do you see in the artwork that
start with the letter S?

*Anong mga bagay ang nakikita ninyo sa larawan na
nagsisimula sa letrang S?*





possible answers:
EGGS, EGGPLANT, ECLAIR

mga posibleng sagot:
ESTOFADO, ENSAYMADA

I have two hands
and they help me eat,

But always only after I wash them
well at the sink.

*Meron akong dalawang kamay
tinutulungan nila akong kumain,
Pero pagkatapos ko muna silang hugasan
nang mabuti sa lababo namin.*

What food do you like to eat that starts
with the letter E?

*Anong mga pagkain ang kinakain niyo na
nagsisimula sa letrang E?*

I have two hands
and they help me when I'm in school.

*Meron akong dalawang kamay,
at tinutulungan nila ako
sa eskwela.*

What things do you pack for school?

*Anu-anong gamit
ang mga dala mo sa eskwelahan?*





My two little hands can also
show love.
But in a COVID-19 world,
we must be creative –
hugs and kisses are not the only
ways to show that we care.

Now I say “Hi” to my friends
with a wave,
and “Hello” to my teachers
with a bow.

A wave, a bow,
a wink, a thumbs up
are all ways to say,
“Hi, I see you!”

*Ipinapakita din ng aking maliliit na
kamay kung paano magmahal.
Ngunit sa mundong may COVID-19,
kailangan nating maging malikhain –
hindi lang sa pamamagitan ng yakap
o halik maaaring magparamdam ng
kalinga.*

*Ngayon, binabati ko ang aking
mga kaibigan
sa pamamagitan ng pagkaway.
Binabati ko rin ang aking mga guro
sa pamamagitan ng pagyuko.*

*Ang pagkaway, pagyuko, pagkindat,
o pag-thumbs up ay pagsasabing
“Hi, nakikita kita!”*



KEEP DISTANCE

ONE METER

My hands — and my arms —
can serve as guides.
In a COVID-19 world,
they help me keep
at least one meter apart.

New and different it may be,
one meter in between
protects you and me.

*Ang aking mga kamay — at mga braso rin —
ay nagsisilbing gabay.
Sa mundong may COVID-19,
tinutulungan nila akong manatiling
isang metro ang layo sa ibang tao.*

*Bago at kaiba man ito
sa ating nakasanayan,
ang isang metro sa pagitan natin
ay mabisang proteksyon laban sa sakit
para sa iyo at sa akin.*



DUMISTANSYA

NG ISANG METRO

I have two hands and they help me
express myself in creative ways.
As long as I've got pen and paper,
or crayons and canvas,
I can say what I want to say.

*Meron akong dalawang kamay
at tinutulungan nila akong ipahayag ang aking sarili
sa malikhaing mga paraan. Basta't meron
akong bolpen at papel, o crayons at canvas,
kaya kong sabihin ang aking nararamdaman.*

What new words can you make from the letters
in CREATIVITY?

*Anong mga bagong salita ang mabubuo mula
sa PAGKAMALIKHAIN?*





I have two hands
and they help me learn about the world.
I can grasp what immediately surrounds me,
or let my imagination take the lead.

*Meron akong dalawang kamay
at tinutulungan nila akong matuto tungkol sa mundo.
Dahil sa kanila, kaya kong mahawakan
at maintindihan ang aking paligid,
o hayaang imahinasyon ko ang gumabay.*

I have two hands and,
as long as I keep them clean,
they can fight disease
and keep me healthy.

*Meron akong dalawang kamay, at kung
mapapanatili ko silang malinis,
makakaiwas ako sa sakit
at mananatili akong malusog.*

How long should we be washing our hands?

Gaano katagal dapat natin hinuhugasan ang ating mga kamay?





I have two hands and they are a big help
to my mom and dad, brother and sister,
grandma and grandpa at home.

*Meron akong dalawang kamay,
at napakalaki ng tulong nila
kay nanay at tatay, kuya at ate, lola, at lolo
habang kami ay nasa bahay.*

I have two hands
that are with me even
as the evening comes.

Grandma showed me
a game she used to play —
with a lamp and shadows
that our hands can make.

We may not be able to go out,
but we can let the outside in.

Look, a giraffe!
A bird! Trees!
What else...?

*Meron akong dalawang
kamay na kasama ko kahit
hanggang gabi.*

*Ipinakita sa akin ni Lola ang isang
laro na natutunan niya noong bata
pa siya — isang larong gumagamit
ng lampara at mga anino
na gawa ng aming mga kamay.*

*Hindi man tayo makakalabas,
maaari naman ang labas
ay papasukin.*

*Tingnan mo, may giraffe!
May ibon! At may puno rin!
Ano pa ang iyong mga nakikita...?*





I have two hands
and they have the power
to help me face the day, show love,
fight disease, and be there for my family.

In times of gratefulness
or in times of uncertainty,
my two hands can come together to pray —

*Merong akong dalawang kamay at may
kapangyarihan silang tulungan akong harapin
ang bawat araw, magpakita ng pagmamahal,
labanan ang sakit, at alagaan ang aking pamilya.*

*Sa mga panahon man ng kasaganahan o
kasalatan, ang aking mga kamay ay maaaring
pagdaupin upang tulungan akong magdasal —*

P

We give thanks for today,
for our home, our family, and our health.
We give thanks for our frontliners
who protect us each day.
Keep us safe today and tomorrow,
especially those who have less.

We do not know what tomorrow will bring,
but grace will show us the way.
May we be hopeful, may we be kind,
that we may never tire
of taking care of one another.
With faith and courage,
a good future, we will find.

*Nagpapasalamat po kami sa araw na ito,
sa aming tahanan, sa aming pamilya,
at sa aming kalusugan.
Nagpapasalamat din po kami sa kalinga
ng aming mga frontliner.
Kami po'y panatilihing ligtas ngayon at bukas,
lalo na ang mga higit na nangangailangan.*

*Hindi namin alam kung ano ang maaaring
mangyari bukas, ngunit kabutihan
ang siyang gabay.
Bigyan nawa kami ng pag-asa at kabutihan
nang ang isa't isa'y lagi naming maalagaan.
Sa lahat ng hindi nawawalan ng tapang
at tiwala, isang magandang bukas
ang naghihintay.*



ABOUT THE ARTIST

Blic holds a degree in BS Computer Science and currently lives in Cavite. He is a member of two active street art collectives in the country: Pilipinas Street Plan and Cavity Collective, where he is also a founding member. He is known for his “humands” or personified hands. He is interested in hands as his subjects because of their ability to create change, show expression, and convey messages.

Blic comes from the word “public” and also conveys that the artist is also part of the public.

Si Blic ay nagtapos ng BS Computer Science at kasalukuyang nakatira sa Cavite. Miyembro siya ng dalawang aktibong street art collective sa bansa: Pilipinas Street Plan at Cavity Collective, kung saan isa rin siyang tagapagtatag. Kilala siya sa kanyang mga “humands” o mga taong kamay. Naging interesado siya sa mga kamay dahil sa kanilang kakayahang magdulot ng pagbabago, magpahayag, at magpaabot ng mensahe.

Ang Blic ay galing sa salitang public o publiko, na nagpapahiwatig rin na siya ay kasapi ng publiko.



ABOUT THE AUTHOR

Annette graduated with a degree in Social Sciences and a minor in English Literature from the Ateneo de Manila University. She has always been fascinated by good stories and how these reflect unique experiences. She is happiest when surrounded by her three cats, cooking, or trying out something new. She wrote the story “Pablo and the Zebra” as part of CANVAS’ *Panyaan: Three Tales of the Tagbanua*. This is her second children’s book.

Nagtapos ng Social Sciences at English Literature si Annette sa Unibersidad ng Ateneo de Manila. Noon pa man ay nahihilig na siya sa magagandang kwentong nagpapakita ng mga natatanging karanasan ng mga tao. Pinakamasaya siya kapag kapiling ang kanyang tatlong pusa, nagluluto, o sumusubok ng kahit anong bago. Isinulat niya ang kwentong “Si Pablo at ang Zebra” na bahagi ng Panyaan: Three Tales of the Tagbanua na inilathala ng CANVAS. Ito ang kanyang pangalawang aklat-pambata.



CANVAS’ 1 Million Books for One Million Filipino Children Campaign

aims to inspire in children a love for reading by donating its award-winning books to public schools, hospitals, and disadvantaged communities throughout the country.

A child that reads is a creative, empowered, and imaginative child who will learn independently, envision a brighter future, and ultimately lead a productive and meaningful life.

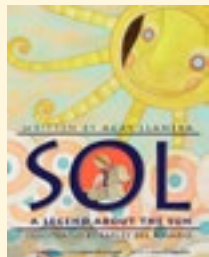
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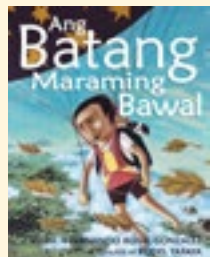
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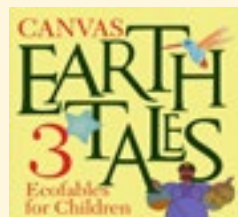
SELECTED BOOKS FROM CANVAS



SOL: A LEGEND ABOUT THE SUN
Written by Agay Llanera
Art by Farley del Rosario



ANG BATANG MARAMING BAWAL
Written by Fernando Rosal Gonzalez
Art by Rodel Tapaya



EARTH TALES: 3 ECO-FABLES FOR CHILDREN
"The King and the Royal Trees," by Paul Aird,
Art by Ijee Olivares-Mellor
"The Hummingbird," Art by Piet Bolipata
"The Star Thrower," Art by Liza Flores



THE BOY WHO TOUCHED HEAVEN
Written by Iris Gem Li
Art by Sergio Bumatay III



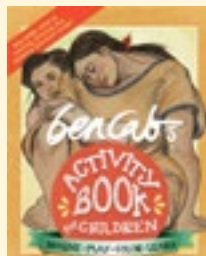
MESSAGE IN THE SAND
Written by Charmaine Aserappa
Art by Roel Obemio



TAHAN NA, TAHANAN
Written by Maria Isabel Alarilla-Arellano
Art by Don M. Salubayba



MY BIG SISTER CAN SEE DRAGONS
Written by Rocky Sanchez Tirona
Art by Liza Flores



BENCAB'S ACTIVITY BOOK FOR CHILDREN
Activities written by Karen Joy Desamparado-Foronda
Art by Benedicto Cabrera



KARAPAT DAPAT
Text by May Tobias-Papa
Art by I.N.K.



LOOKING FOR JUAN: A CANVAS ACTIVITY BOOK FOR CHILDREN
Activities written by Annette A. Ferrer and Gigo Alampay
Art by John Paul Antido



ANG KAHON NI LOLA
Story and Art by Ioannis Sicuya



DAUGHTER AND THE GREAT FISH
Written by Lauren Peria
Art by Jeho Bitancor



I AM THE STORYTELLER
Educational Consultant: Ana Maria Margarita Salvador
Art by various artists

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www.canvas.ph
A child with art and stories can change the world.



**I have two hands and they are great.
They help me do so many things!
But in a world turned upside down by COVID-19,
What other things can these hands do?**

***Meron akong dalawang kamay at sila ay kamangha-mangha.
Sa tulong nila, ang dami kong nagagawa!
Ngunit sa mundo ngayong parang binaliktad ng COVID-19,
Ano pa kayang magagawa nitong mga kamay at palad?***



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For more information, please visit www.canvas.ph or follow us at www.facebook.com/canvas.ph and www.instagram.com/canvasph.art.

